



30 FOR 30 PUSHUPS.SITUPS.SQUATS CHALLENGE

Let's get stronger together!

Commit to 30 pushups, squats and/or situps a day for the next 30 days.
Jumpstart your strength & fitness training today!



1 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	2 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	3 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	4 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	5 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	6 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	7 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS
8 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	9 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	10 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	11 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	12 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	13 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	14 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS
15 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	16 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	17 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	18 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	19 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	20 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	21 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS
22 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	23 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	24 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	25 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	26 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	27 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	28 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS
29 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS	30 <input type="checkbox"/> 30 PUSHUPS <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30 SQUATS					